

5 CORE CONVICTIONS

SOUL BIRD CONSULTING



Trauma is stored in the body.

AFFIRMATION: Healing must include the body.



Regulation is a practice.

AFFIRMATION: Just for today.



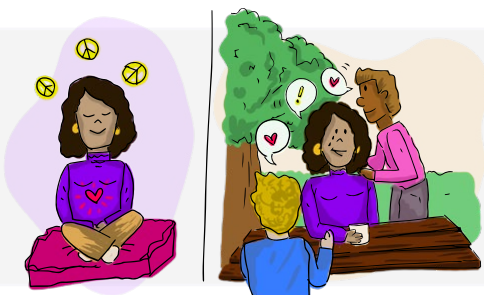
Perceived threat and real threat feel the same in the body.

AFFIRMATION: Connect before you correct.



Trauma symptoms are survival strategies.

AFFIRMATION: It affects me, but it's not about me.



Healing happens in relationship.

AFFIRMATION: I'm enough.